

Whole Wheat Waffles with Honey-Peanut Butter Drizzle

Waffles:

2 eggs
1 cup whole wheat flour
1 cup all-purpose flour
2 cups buttermilk
1 tablespoon sugar
3 tablespoons canola oil
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup low-fat granola, *optional*

Drizzle:

1/2 cup honey
1/4 cup creamy peanut butter



Heat waffle iron. In a medium bowl, beat eggs with fork or wire whisk until foamy. Beat in remaining waffle ingredients except granola just until smooth. Pour batter from cup or pitcher onto center of hot waffle iron. Close lid of waffle iron.

Bake about 5 minutes or until steaming stops. Carefully remove waffle. Repeat with remaining batter.

Meanwhile, in a small microwavable bowl, mix honey and peanut butter. Microwave uncovered on High 40–60 seconds or until warm; stir until smooth. Top each serving (2 waffle squares with 1 1/2 tablespoons honey mixture and 1 tablespoon granola, if desired).

Adapted from Better Crocker *Whole Grains*

Infant Toddler Screening Clinics

The Idaho Infant Toddler Program is conducting FREE developmental screenings clinics for children birth through age 2 (under the age of 3). Children are screened for vision, coordination, self-help, social skills, learning, hearing and speech/language.

Upcoming screenings are scheduled for May 9, June 13 and August 8 from 11 am to 3 pm.

Screenings are held at the Child Development Center at 2475 Leslie Avenue in Idaho Falls. Call 227-1282 for an appointment.

Save the Date. . .

Our annual World Breastfeeding Week picnic will be held in Kate Curley Park (located on the corner of Higbee Ave and 10th Street), in Idaho Falls on Friday, August 5 from 11:00 am to 1:00 pm. We will have food, games, prizes and vendor booths. Additional details to follow in our July/ August newsletter.

Office Closures

May 30—*Memorial Day*

July 4—*Independence Day*

WIC Newsletter

May/ June



WIC is an equal opportunity program. If you have been discriminated against due to race, nationality, sex or handicap, write immediately to the Secretary of Agriculture

Breakfast: The Most Important Meal of the Day!

Breakfast is the most important meal of the day. In the morning, most people have generally gone at least 8 hours without food and your body needs to be refueled. Breakfast provides you with the energy and nutrients that you need to give you a healthy start for your day.

Research has shown that there are lots of benefits to eating breakfast. Kids do better in school and have fewer behavioral problems. Studies show that breakfast can be important in maintaining a healthy body weight. If you skip breakfast (or any meal) you may be more likely to overeat at another meal. People who eat breakfast tend to eat healthier overall.

People have many barriers or excuses for why they don't eat breakfast, but you shouldn't let these stand in your way!

- If you are someone who is not hungry first thing in the morning, try starting your day with a glass of 100% fruit juice (no more than 8 oz for adults and 4-6 oz for a child), vegetable juice or some whole wheat toast. Later in the morning when you feel more hungry, eat a nutritious snack such as a hard-boiled egg, low fat milk or yogurt, string cheese or a whole wheat bagel.
- If you are too rushed and don't have time for breakfast, make sure you stay stocked up on quick breakfast foods such as breakfast cereal, instant oatmeal, whole-grain toaster waffles, yogurt and fresh fruit
- If you don't like breakfast foods, skip the traditional breakfasts and try a slice of left over pizza, a bowl of soup, a sandwich or leftovers from the night before.
- Any breakfast is better than no breakfast, but try not to have doughnuts or pastries all the time—they are high in fat, sugar and calories without any healthy nutrients. You won't feel full very long and may overeat at your next meal or snack.

What to Eat??

As with any meal, you should try to get a variety of food groups. This should include :

- Grains (breads and cereals)
- Protein (meat, beans, nuts, eggs)
- Fruits & Vegetables
- Milk, cheese or yogurt

You can stick with some of the more traditional breakfast foods such as:

- Eggs
- Pancakes or waffles (try whole grain!)
- Cold cereal and milk
- Hot cereal (try some fruit or nuts on top)
- Yogurt with fruit & granola
- Fruit smoothie

Or you can try something different:

- Banana dog (peanut butter, a banana and raisins on a long whole grain bun)
- Breakfast quesadilla (cheese melted in a tortilla and topped with salsa)
- Fruit & cream cheese sandwich
- Leftovers